

STRONG LIFE

THE FUSION OF FAITH & FITNESS



Is Tony Conyers the Greatest Powerlifter of All Time?

Volume 3, Issue 12
February 2015

RAW Unity 8 -
Florida States -
More! -

2015 PAT O'BRIEN MEMORIAL MASTER'S CHAMPIONSHIPS

**Saturday & Sunday, April 18-19
Sanctioned by R.A.W. United**



**Hosted by STRONG LIFE Training Facility
Melbourne, Florida**

**DOWNLOAD YOUR ENTRY AT:
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**Entry Deadline: Saturday, March 28, 2015
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or
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TEENAGE & YOUTH CHAMPIONSHIPS

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**The Official Magazine of R.A.W. United
Volume 3, Issue 12
February 2015**

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Publishing Dates:

February, April, June, August, October, December

STRONG LIFE is the premier, on-line publication for raw powerlifters, and is offered free of charge to the powerlifting community through the R.A.W. United Powerlifting Federation (www.StrongLife610.net) and STRONG LIFE Training Facility. From contest reviews to feature stories, training tips to nutritional guidelines, spiritual truths to behind-the-scenes fun, STRONG LIFE covers everything the strength community needs to know through high profile interviews, awesome photography, and intense editorial coverage.

The only publication of its kind, STRONG LIFE focuses on the positive influences that the world's strongest sport has on families and communities. Our mission is to honor God while showcasing the amazing talent, culture, and lifestyle of raw lifters.





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RUM 8 lifters Ashley Cooper & April Harper living the STRONG LIFE!

**2014 VIRGINIA STATE
CHAMPIONSHIPS**
Saturday, April 4, 2015
Sanctioned by R.A.W. United



**Hosted by Crossfit Verify
Sterling, Virginia**

DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.net

Entry Deadline: Saturday, March 14, 2015

Meet Director: Kevin Prosser

More Information: 240-329-8187 * jkprosser@yahoo.com

ON THE COVER: EDITOR'S REVIEW

**“Commit your plans to the Lord and they will succeed.”
Proverbs 16:3**

WHAT'S INSIDE

What an incredible start for the 2015 powerlifting season! Master's Champion Tony Conyers, who has made his way to our cover for the second time, continued to solidify his spot among the world's greatest powerlifters, totaling 10.5 times his bodyweight at 57 years of age with his 1640 total (570, 420, 650) at a bodyweight of 157 pounds! Two weeks later we hosted the eighth annual RAW Unity Meet, founded by Eric Talmant, and witnessed the world's best on a single stage. Jenn Rotsinger, Iryna Piatrovich, Ashley Cooper, and Tara Oravec led the women's charge, and Kyle Keough,

John Haack, Jeremy Hamilton, Brad Ettinger, Dan Green, and Daniel Bell finished with top honors on the men's side. Finally, the eighth annual Gary Gordon Memorial Open turned out to be an awesome weekend of comradery and fellowship, with Travis McCrackin (Police Officer) and Wilson Echevaia (Armed Forces) leading the service component, and Canadian lifter Jerry Marentette finishing at the top of the support component. All three events are featured in this month's issue of STRONG LIFE Magazine!



Cell phone cameras were at the ready when Dan Green got set to squat at the eighth annual RAW Unity Meet!

Beyond the lifting, however, were stories of heroism, generosity, and the power of God's grace. In this issue's "Jesus Zone," we will share the story of Masters Champion Kris Clark and her battle with esophageal cancer,

take a behind-the-scenes look at some selfless supporters of the STRONG LIFE mission, and witness how God's hand is leading us in our continued growth.



Rising teenage sensation Anthony Martinez at the Mike Witmer Memorial Florida State Championships

Also included is the return of Bob Gaynor's "History of Powerlifting," a fun story about cigars, powerlifting, and garage door openers, and words of encouragement from

R.A.W. United Chaplain Paul Simmons in his "Prose, Prayer, and Praise" section.

*Enjoy the Reading,
Spero*



Members of the team from Crossfit Fort Myers at the 2015 Gary Gordon Memorial

THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot* at rawunitedinc@gmail.com, and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to Ashley Cooper for sending us the February 2015 photo for *The Strong Shot*!



ASHLEY COOPER
TAKING IT INTO THE HOLE
AT RUM 8!

JESUS ZONE: THE KRIS CLARK MIRACLE

**Do not be afraid of sudden terror,
Nor of trouble from the wicked when it comes;
For the Lord will be your confidence.
Proverbs 3:25-26**

Kris Clark was one of our nation's top Master lifters when she set foot on the platform at the seventh annual RAW Unity Meet in February 2014. Shortly thereafter, she was diagnosed with esophageal cancer and given a very bleak prognosis. The R.A.W. United family lifted Kris up in prayer, and several

contest promoters raised money to help offset her mounting medical costs. And our brother Tony Conyers met with Kris regularly, praying over her and offering her spiritual guidance and Christ-filled love and support.



Kris Clark at RUM 7

At the 2015 Mike Witmer Memorial Florida State Championships, Kris stopped by with her daughter to say hi and support her brothers and sisters on the platform. When

she came up to say hello, I was literally taken aback when I finally recognized her. She looked AWESOME – healthy, strong, and hard as a rock!

I asked Tony and Kris to say a few words, and the entire crowd was moved by Tony's eyewitness testimony of the "Kris Clark Miracle." Despite her initial prognosis,

which indicated that Kris would not likely survive, she has a renewed faith, is training again, and plans to compete later this year!



Spero, Kris, and Tony at the 2015 Mike Witmer Memorial Florida State Championships

Tony and I have known each other for nearly 30 years, and we have always held fast to this simple truth – it's not about powerlifting,

it's about people! When Kris was in hospice care unable to move, Tony shared this Scripture with her:

**Therefore do not cast away your confidence,
which has great reward.**

**For you have need of endurance,
so that after you have done the will of God,
you may receive the promise:**

**For yet a little while,
And He who is coming will come and will not tarry.
Now the just shall live by faith;
But if anyone draws back, My soul has no pleasure in him.**

**But we are not of those who draw back to perdition,
but of those who believe to the saving of the soul.**

Hebrews 10:34-39

Kris found great strength in this Scripture and told Tony, "I'm gonna fight this thing." From that moment on, Kris drew closer to God and fought the good fight. Her recovery shows us that God is with us, heals us, and has the power to do mighty things!

We are so overjoyed for Kris, and pray that God will use her testimony to save many souls!



**BE STRONG IN THE LORD
AND THE POWER OF HIS MIGHT!
EPHESIANS 6:10**

2015 MASSACHUSETTS STATE CHAMPIONSHIPS

Saturday, April 18, 2015

Sanctioned by R.A.W. United



**Hosted by Gym Warriors
Peabody, Massachusetts**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.net**

Entry Deadline: Saturday, March 28, 2015

Meet Director: Paul DeSimone

More Information: 978-766-6280 or

pauldesimone01@aol.com



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CONTEST REVIEW: MIKE WITMER MEMORIAL FLORIDA STATE CHAMPIONSHIPS

**"Be strong in the Lord and the power of His might."
Ephesians 6:10**

**Saturday, January 24
STRONG LIFE Tampa Bay * Tampa, Florida**



Jacob Sundry was flawless after dropping to the 181s!

The Florida State Championships, held annually in honor of Florida lifter Mike Witmer, saw incredible performances by veteran athletes and rising stars! Tony Conyers, who at 57 years old totaled over 10 times his bodyweight, owned the platform and earned his way to the cover of STRONG LIFE for the second time in less than a year! Teenage sensation Jacob Sundry dropped nearly twenty pounds and didn't lose any strength, going 505, 335, 575 to win the 181s.

Joe Lozarin and Devon Palombo battled it out for second, with Joe finishing at 1360 and Devon at 1300. Master Lifter Nick Shriner – a crowd favorite – rounded out the class. Roman Romanenko captured the 198s, with Tanner Wright edging out Andres Hernandez for second on bodyweight. Joseph Townsend (220s, 1375), James Jacobs (242s, 1780), Anthony Martinez (275s, 1225), and Donnie Kiernan (308+, 1515) each won their respective classes.



Best Lifters Suzanne LaForge, Megan Lee, Erika Young, and Anna Bolton

On the women's side, Megan Lee (97) and Savannah Green (114) of Girls Gone Strong lifted unopposed to win their classes, and Anna Bolton took the 123s with a 540 total. Cheney Hess and Tiffany Conyers finished at 500, and Valery Linkenhoker totaled 494 to finish off a close 123 pound class. First-time lifter Mattie Shaw totaled 432 to take the 132s, leaving a lot in the tank for the Teenage Championships in April! Masters Champion Suzanne LaForge took home Best Lifter honors on her record setting day in the 148s with lifts of 305, 155, and 390. Cortney Norwood finished on top in the 165s, and teenage lifters Brettany Murdock (584) and Dulcy Olson (582) battled it out in the 181s. Karen Iseman posted her first three-lift total in the 198s, and RUM competitor Mindy Underwood shattered the 1000 pound barrier (1005) on lifts of 375, 225, and 405!

Many thanks to Bill Beekley, Tim Burns, and Tony Conyers of Strong Life Tampa Bay for hosting the event; the folks of Crossfit Unleashed for welcoming us into their facility; Bill Beekley, Tim Burns, Tony Conyers, Larry Dromerhauser, Rick Hoover, and Jon Wisenbaker for spotting and loading; Danny and Carmen Aguirre, Loma Amore, Bill Beekley, Tony Conyers, Bob Gaynor, Jenn Rotsinger, Jack Stevens, Caryn Tshontikidis, and Andrew Yerrakadu for judging; Sir Charles Venturella for the awesome awards; Brigid and the folks at Sandpiper Sportswear for the awesome contest shirts; and Mike Roebuck and the folks at Good Impressions for the awesome contest certificates.

Most important, many thanks to our Lord and Savior Jesus Christ for His unwavering love for us all!



Above:
Megan Lee and Cheney Hess

Below:
Mattie Shaw and Savannah Green of Girls Gone Strong



WOMEN

IRONMAN

97	14-15	Megan Lee	157	80	212	449
114	14-15	Savannah Green	185	85	200	470
123	18-19	Cheney Hess	190	105	205	500
	14-15	Valery Linkenhoker	182	87	225	494
132	16-17	Mattie Shaw	160	77	195	432
	16-17	Hannah Montgomery	145	75	180	400
148	70-74	Carmen Gutwirth	105	55	195	355
165	14-15	Piper Jenkins	172	87	200	459

181	16-17	Dulcy Olson	207	100	275	582
198+	16-17	Lorre-Kaye Leslie	135	142	245	522
	14-15	Taeghan O'Neill	120	82	200	402

RAW

97	14-15	Megan Lee	157	80	212	449
114	14-15	Savannah Green	185	85	200	470



Anna Bolton en route to her win in the 123s

123	16-17	Anna Bolton	185	115	240	540
	18-19	Cheney Hess	190	105	205	500
	SNR	Tiffany Conyers	180	75	245	500
	14-15	Valery Linkenhoker	182	87	225	494
132	16-17	Mattie Shaw	160	77	195	432
	16-17	Hannah Montgomery	145	75	180	400



Suzanne LaForge will be back on the platform at the 2015 Masters Championships!

148	55-59	Suzanne LaForge	305	155	390	850
	SNR	Erica Young	245	182	295	722
	70-74	Carmen Gutwirth	105	55	195	355
	75-79	Sarah Hand	-	45	120	165



The E-Train lifting large at 93 years of age!

165	SNR	Cortney Norwood	225	155	250	630
	14-15	Piper Jenkins	172	87	200	459
	65-69	Sandy Friedman	-	65	160	225
	90-94	Edith Traina	-	55	130	185



Cortney Norwood in her R.A.W. United debut!

181	14-15	Brettany Murdock	200	107	277	584
	16-17	Dulcy Olson	207	100	275	582



Dulcy Olson ripping a 275 pound record deadlift!

198	50-54	Karen Iseman	155	95	225	475
198+	SNR	Mindy Underwood	375	225	405	1005
	16-17	Lorre-Kaye Leslie	135	142	245	522
	14-15	Taeghan O'Neill	120	82	200	402



Mindy Underwood shattered the 1000 pound barrier!



Best Lifters Ty Conyers, Bill Beekley, Devon Palombo, Jacob Sunday, and Tony Conyers

MEN

IRONMAN

97	12-13	Ty Conyers	200	80	220	500
123	12-13	Harley Entwistle	210	115	245	570
	14-15	Jacob Kent	177	102	220	499
	12-13	Andrew Kearney	160	102	210	472
165	SNR	Jacob Fortin	365	280	450	1095
	16-17	Jeremiah Fontaine	345	225	405	975
181	SNR	Devon Palombo	450	315	535	1300
198	16-17	Jeremy Hoffower	300	195	415	910
220	16-17	Sean Casey	240	180	365	785
275	16-17	Anthony Martinez	465	305	455	1225

RAW

123	14-15	Jacob Kent	177	102	220	499
148	80-84	Joe Matthews	-	75	107	182
165	55-59	Ty Conyers	570	420	650	1640
	SNR	Jacob Fortin	365	280	450	1095
	16-17	Jeremiah Fontaine	345	225	405	975
	SNR	Cody Christian	285	200	415	900



Crowd favorite Nick Shriner kept the audience on its feet!

181	18-19	Jacob Sunde	505	335	575	1415
	SNR	Joe Lozarin	455	350	555	1360
	SNR	Devon Palombo	450	315	535	1300
	70-74	Nick Shriner	265	205	310	780
198	SNR	Roman Romanenko	460	320	530	1310
	SNR	Tanner Wright	475	275	500	1250
	SNR	Andres Hernandez	415	325	510	1250
	SNR	Sean Rider	365	265	495	1125
	16-17	Jeremy Hoffower	300	195	415	910
	SNR	Kris Calhoun	485	-	520	-
220	SNR	Joseph Townsend	475	335	545	1375
	SNR	Jesse Shelton	385	300	450	1135
	16-17	Sean Casey	240	180	365	785



James Jacobs pulling strong!

242	45-49	James Jacobs	660	420	700	1780
	SNR	TJ Wright (pipes)	375	325	545	1245
	50-54	Todd Wright (pipes)	-	325	530	875
275	16-17	Anthony Martinez	465	305	455	1225
	40-44	Doug Orr	390	290	475	1155
308+	SNR	Donnie Kiernan	505	405	605	1515



STRONG LIFE Training Facility captured their third consecutive Florida State Team Title!

2015 KEYSTONE CLASSIC

Saturday, April 25

Sanctioned by R.A.W. United



Hosted by Crossfit Hanover
Hanover, Pennsylvania

DOWNLOAD YOUR ENTRY AT:

www.StrongLife610.net

Entry Deadline: Saturday, April 4, 2015

Meet Director: Desirae Williams

More Information: 910-985-1299 * dmlwill.dw@gmail.com

CONTEST REVIEW: RAW UNITY MEET 8

**“Be strong in the Lord and the power of His might.”
Ephesians 6:10**

**Saturday & Sunday, February 7-8
Wayne G. Sanborn Activity Center * DeLand, Florida**

RAW Unity never ceases to amaze! With the world's top raw powerlifters on a single stage, all in attendance witnessed an

incredible weekend of lifting despite the extraordinary circumstances surrounding this year's event!



Shelby Talon at RUM 8 getting set to grip it and rip it!

First, many thanks to RAW Unity founder Eric Talmant for taking a giant leap of faith in creating the event and to Barry Gershman for “holding down the fort” after Eric had to step down for health reasons. We wish Eric all the best in his recovery, and Bob (Gaynor) and I greatly appreciate Barry's willingness to bring us on board to help run the contest. Many more thanks to the RUM 8 platform

crew led by Jon Landau - these guys made numerous saves throughout the weekend and encouraged every lifter on every attempt. Thank you so much! And many more thanks to Bob Gaynor and his staff of judges: Danny and Carmen Aguirre, Loma Amore, Marilia Coutinho, David Forman, Larry Russell, and Jack Stevens!

American lifter Jenn Rotsinger and Russian powerhouse Iryna Piatrovich dominated the women's platform on Saturday (knee sleeves) to capture the RUM 8 prize money purse. Jenn went 152.5, 87.5, 175 in the 114s

to register her 415 kilo total; Iryna's lifts of 165, 122.5, and 207.5 put her on top of the 148s with a 495 kilo total. On Sunday (knee wraps), Ashley Cooper and Tarra Oravec were flawless en route to taking top honors.



Ansley Huffman and Tarra Oravec (left) and Ellen Stein (right) at the RUM 8 awards ceremony

Saturday's (knee sleeves) lifting saw some big wins and some very close classes. Melissa Reyes was unopposed in the 97 pound class, but registered All-Time Record lifts en route to her 303 kilo total. Jenn was flawless in the 114s, and Danielle Overcash (392.5 kilo total) edged out Shelly Cannon (377.5 kilo total) for first in the 123s.

Jordanne Panton, Shelby Taon, and Brianna Otto had an incredible battle in the 132s, with just 7.5 kilos separating first and third place. Iryna controlled the 148s and Danielle Szocik lifted unopposed in the 165s. Shannon Luce and Crystal Tate had a barn-burner in the 198s, with Shannon finishing first by just 5 kilos.

WOMEN

WC	LIFTER	SQ	BP	DL	TOTAL
KNEE SLEEVES					
97	Melissa Reyes	102.5	62.5	138	303
114	Jenn Rotsinger	152.5	87.5	175	415
	Lisa Guggisberg	137.5	70	155	362.5
	Leah Glitterman	112.5	57.5	132.5	302.5
	Cynthia St. Clair	85	47.5	132.5	265
123	Danielle Overcash	140	70	182.5	392.5
	Shelly Cannon	147.5	77.5	152.5	377.5
	Alee Douglas	117.5	65	145	327.5
	Brenda Christine	110	62.5	-	-

132	Jordanne Panton	115	70	172.5	357.5
	Shelby Talon	125	62.5	165	352.5
	Brianna Otto	120	70	160	350
148	Iryna Piatrovich	165	122.5	207.5	495
	Ashlyn DiNinni	147.5	70	185	402.5
	Natalie Terrana	140	70	190	400
	Amanda Crawford	137.5	82.5	170	390
	Faryn Antenucci	110	50	132.5	292.5
165	Danielle Szocik	157.5	110	182.5	450
198	Shannon Luce	187.5	90	192.5	470
	Crystal Tate	162.5	82.5	220	465



Ashley Cooper benching strong at RUM 8

Sunday's (knee wraps) roster was much smaller, with most competitors lifting unopposed. Ashley and Masters Champion Ellen Stein went one-two in the 132s, Iryna and April Harper did the same in the 148s,

and Caitlin Sullivan (165s) and Tarra Oravec (181s) lifted unopposed in their respective classes. Mindy Underwood (198s) and Ansley Huffman (198+) rounded out the women's division.

WOMEN

WC	LIFTER	SQ	BP	DL	TOTAL
KNEE WRAPS					
132	Ashley Cooper	175	112.5	182.5	470
	Ellen Stein	165	82.5	177.5	425
148	Iryna Piatrovich	190	122.5	205	517.5
	April Harper	165	92.5	197.5	455
165	Caitlin Sullivan	160	80	170	410
181	Tarra Oravec	185	110	205	500

198	Mindy Underwood	185	112.5	185	482.5
198+	Ansley Huffman	215	110	220	545



RUM lifters Ashley Cooper (left) and April Harper (right)

On the men's side, American lifters Kyle Keough and John Haack, and Jeremy Hamilton of Canada finished on top on Saturday (knee sleeves). Kyle posted incredible lifts in the 148s, going 232.5, 157.5, 282.5 to finish with his 672.5 kilo total. John took the 181s with a 775 kilo total, and Jeremy finished on top in the 220s with a 915 kilo total. Bradley Ettinger, Dan Green, and Daniel Bell posted big numbers on Sunday

(knee wraps) to win the top slots in their respective classes. Although Bradley placed second in the 198s, his 805 kilo total placed him at the top of the prize money board on bodyweight. Dan came out on top of a highly contested 220 pound class with lifts of 380, 222.5, 355 to finish with a 957.5 kilo total. Daniel hit huge lifts in the 308s, finishing with a 1002.5 kilo total.



Jordanne Pantan and Joe Hardy after the crowds headed home!



Jerry Rodriguez lets out a warrior cry, pushing through this 155 kilo squat in the 132s

On Saturday (knee sleeves), Walter Carillo took the 132s, with Chris Shea edging out Manuel Prieto on bodyweight for second place. Kyle was flawless in the 148s, and Nick Israel captured the 165s followed by RUM veterans Jason Manenkoff and Tom Roselli. The 181s was a hotly contested class, with John Hack placing first at 775 kilos followed by Anthony Hobaica (767.5 kilos) and Adam Miller (745 kilos). Carlos

Moran took the 198s at 795 kilos with crowd favorite Joe Sullivan finishing second at 772.5 kilos. Jeremy dominated the 220s with his 915 kilo total, with Joe Hardy (847.5 kilos) and Alastair McNicol (807.5) finishing second and third, respectively. Shae Jones edged out Jay Nera by just 5 kilos to win the 242s, and Canadian Kade Weber registered the day's biggest total at 930 kilos in the 275s.

MEN

WC	LIFTER	SQ	BP	DL	TOTAL
KNEE SLEEVES					
132	Walter Carillo	167.5	105	205	477.5
	Chris Shea (59.24)	155	112.5	202.5	470
	Manuel Prieto (59.60)	162.5	112.5	195	470
	Jerry Rodriguez	155	102.5	185	442.5
148	Kyle Keough	232.5	157.5	282.5	672.5
	Dan Carpenter	182.5	125	237.5	545
165	Nick Israel	245	175	265	685
	Jason Manenkoff	232.5	175	255	662.5
	Tom Roselli	232.5	157.5	240	630

181	John Hack	275	182.5	317.5	775
	Anthony Hobaica	277.5	207.5	282.5	767.5
	Adam Miller	272.5	187.5	285	745
	Michael Garozzo	245	155	307.5	707.5
	Larry Dyles	250	175	250	675
	Zachary Parker	230	155	285	670
	Max Misch	242.5	142.5	265	650
198	Carlos Moran	292.5	190	312.5	795
	Joe Sullivan	287.5	187.5	297.5	772.5
	Jordan Moffitt	255	185	287.5	727.5
220	Jeremy Hamilton	337.5	232.5	345	915
	Joe Hardy	300	220	327.5	847.5
	Alastair MacNicol	287.5	180	340	807.5
	Jared Skinner	285	177.5	312.5	775
	Sean Brownstein	282.5	215	275	772.5
	David LaMartina	320	175	-	-
242	Shae Jones	315	237.5	325	877.5
	Jay Nera	332.5	215	325	872.5
	Jordan Wong	330	207.5	292.5	830
	Brian Hopper	310	190	315	815
	William Barabas	262.5	187.5	345	795
	Ryan Conley	300	190	300	790
	Emilio Paez	297.5	187.5	-	-
	Larry Williams	312.5	-	-	-
275	Kade Weber	330	240	360	930



Jerry Rodriguez and Kyle Keough



Joe Hardy racking it in after a successful squat at RUM 8

Brian Galloway led off Sunday's lifting (knee wraps) with a win in the 148s, and teenage sensation Dane Steadman posted impressive lifts in the 165s. George Grieve was unopposed in the 181s, and Mark Greenstein (812.5 kilo total) edged out Bradley Ettinger (805 kilo total) to win the 198s. The 220s included the world's best, and California's Dan Green took home the gold on lifts of 308, 222.5, and 355. Kevin Oak and Tee Cummins rounded out the top three. RUM veteran

Casey Williams captured the 242s with his 947.5 total, and Canadian lifter Jimmy Pacquet edged out Daniel Dalenberg on bodyweight for second place. Mike Lackey did the same for fourth, defeating John Rivas on bodyweight as well. David Zyski took top honors in the 275s, and Daniel Bell (1002.5), Jean-Francois Caron of Canada (990), and Matt Wenning (987.5) battled it out for the top three spots in the 308s.



Big Dan Green warming up for the deadlift at RUM 8

MEN

WC	LIFTER	SQ	BP	DL	TOTAL
KNEE WRAPS					
148	Brian Galloway	235	160	200	595
	Justin Hamm	227.5	147.5	195	570
165	Dane Steadman	272.5	175	250	697.5
181	George Grieve	272.5	187.5	282.5	742
198	Mark Greenstein	310	202.5	300	812.5
	Bradley Ettinger	292.5	205	307.5	805
	Jacob Hartman	275	185	300	760
	Ryleigh John Clark	295	182.5	272.5	750
	Matt Levine	275	165	272.5	712.5
220	Dan Green	380	222.5	355	957.5
	Kevin Oak	365	220	342.5	927.5
	Tee Cummins	372.5	202.5	320	895
	Daniel Tinajero	340	205	322.5	867.5
	Lance Hickey	325	187.5	320	832.5
	Zach Kuipers	320	200	297.5	817.5
	Ernie Lilliebridge, Jr.	305	185	320	810
	Charly Joung	320	202.5	272.5	795
	Peyton Cox	297.5	167.5	320	785
	Luke Huntzinger	280	172.5	290	742.5
	Nick Peterson	262.5	195	-	-
242	Casey Williams	367.5	245	335	947.5
	Jimmy Pacquet (108.4)	320	225	365	910
	Daniel Dalenberg (109.6)	365	225	320	910
	Mike Lackey (109.3)	332.5	237.5	337.5	907.5
	John Rivas (109.6)	325	220	330	907.5
	Tyler Cummings	320	215	330	865
	Shayne Neubert	317.5	197.5	320	835
	Clint Smith	325	220	-	-
275	David Zyski	332.5	237.5	337.5	907.5
	Michael Powers	317.5	185	320	822.5
308	Daniel Bell	415	220	367.5	1002.5
	Jean-Francois Caron	370	230	390	990
	Matt Wenning	382.5	265	340	987.5
	Rich Ficca	350	267.5	320	937.5
	Harmon Rickman	387.5	230	310	927.5
	Rob Philippus	400	215	295	910
	Kevin Smith	342.5	215	335	892.5
	Exson Rodriguez	325	222.5	335	882.5
	Domenick Minnici	350	205	325	880



Justin Hamm pushing strong at RUM 8

The bench specialists were added into the mix each day, and posted very impressive numbers in the single-lift event! Brazilian bench specialist Marilia Coutinho finished in the prize winner's circle for the women with her 107.5 kilo bench in the 123s, and bench

specialists Marck Chieco (220 kilo bench in the 220s), Wayne VanNostrand (257.5 kilos in the 275s), and Dan Morjal (275 kilos in the 308s) were the top single-lift competitors on the men's side.

WOMEN

WC **LIFTER** **BP**

BENCH ONLY

123	Marilia Coutinho Emily Hu	107.5 102.5
132	Jeanne Kairys Alisa Marsinetti	97.5 92.5
165	Sonja Baldwin	137.5
198+	Tracy Goodwin	112.5

MEN

WC **LIFTER** **BP**

BENCH ONLY

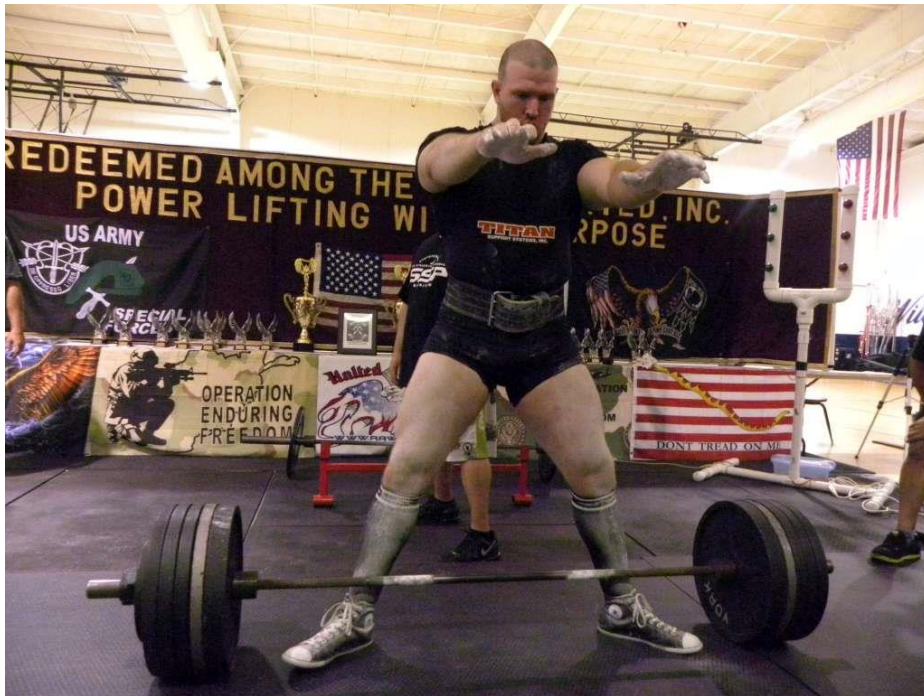
198	Benjamin Williams	192.5
220	Mark Chieco Scott Simonson Al Laporte	220 200 187.5
275	Wayne VanNorstrand Tim Evans Michael Renfro Shawn Petronella	257.5 247.5 227.5 225
308	Brock Pasteur Corey "Swede" Burns Jeremy Herring	247.5 232.5 227.5
308+	Dan Morjal Nate McCool	275 245



Florida's Ashley Cooper and three big dudes!

2015 DETERMINED WARRIOR CLASSIC & TEXAS STATE CHAMPIONSHIPS

**Saturday, June 20, 2015
Sanctioned by R.A.W. United**



**Hosted by Olympic Gym
San Antonio, Texas**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.net**

**Entry Deadline: Saturday, May 30, 2015
Meet Director: Jon Drummond
More Information: 210-367-2302 *
jonathan.drummond.3.ctr@us.af.mil**

CONTEST REVIEW: GARY GORDON MEMORIAL OPEN

**“Be strong in the Lord and the power of His might.”
Ephesians 6:10**

**Saturday & Sunday, February 21-22
STRONG LIFE Training Facility * Melbourne, Florida**

As a result of work conflicts and cruises to the Bahamas, what should have been a one-day meet turned into a two-day event that was a lot of fun, fellowship, and comradery!

Most important, it was a fitting tribute to my friend and teammate Gary Gordon, a Medal of Honor recipient that was killed in action in Mogadishu, Somalia in October 1993.



Christi Woldridge going deep at the 2015 Gary Gordon Memorial Open

Piper Jenkins of Girls Gone Strong and Christi Woldridge of Crossfit Fort Myers led the women's division, winning their respective classes and taking home Best

Lifter honors. First-time lifters Katy Johnson and Lauren Seifert, as well as teammate Taeghan O'Neill, all lifted extremely well and qualified for April's Teenage Championships!

WOMEN

IRONMAN

132	16-17	Katy Johnson	85	62	175	322
	14-15	Lauren Seifert	110	50	140	300
					4 th 155	
165	14-15	Piper Jenkins	162	87	210	459
198+	14-15	Taeghan O'Neill	130	77	200	407



Lauren Seifert of Girls Gone Strong

RAW

132	SNR	Christi Woldridge	175	120	250	545
	16-17	Katy Johnson	85	62	175	322
	14-15	Lauren Seifert	110	50	140	300
					4 th 155	
165	14-15	Piper Jenkins	162	87	210	459
198+	14-15	Taeghan O'Neill	130	77	200	407



Lifters from STRONG LIFE Training Facility in Melbourne, Florida

On the men's side, Police Officer Travis McCrackin and Army veteran Wilson Echevarria captured top honors for the service component while Canadian lifter Jerry Marentette was the meet's Best Lifter in the support component. Jason Cobb and his

crew from Crossfit Fort Myers all lifted strong, with many shattering the record books and all qualifying for the Seniors on July 18-19 at Florida's Port St. Lucie Civic Center.



Canada's Jerry Marentette flew to Melbourne, shattered the record books, drove to Miami, and went on a cruise to the Bahamas!

On a side note, good times on Saturday evening when Caryn and I met OEF / OIF combat veteran Patrick Ardizzone and his wife for cigars at the beach. Congratulations to Patrick on his 420 pound record bench,

and many thanks to him and all of our military personnel, police officers, and firefighters for their selfless service to our nation!

MEN

IRONMAN

148	14-15	Trey Plyler	235	162	280	677
165	40-44	Ronnie Earle	325	265	360	950
198	55-59	Spero Tshontikidis	405	245	505	1155
220	40-44	Jason Cobb	410	285	530	1225

RAW

148	14-15	Trey Plyler	235	162	280	677
	16-17	Michael Arenella	-	190	315	505
165	40-44	Ronnie Earle	325	265	360	950
	45-49	Edwin Walker	-	370	-	-



Teenage lifter Michael Arenella pulled strong despite a hip injury

198	55-59	Jerry Marentette	440	280	540	1260
	55-59	Spero Tshontikidis	405	245	505	1155
	40-44	Jeff Burgoyne	275	205	405	885
	SNR	Chris Musillo	-	360	385	745
220	40-44	Jason Cobb	410	285	530	1225
	40-44	Paul Markle	415	290	505	1210
242	SNR	Travis McCrackin	465	335	550	1350
	SNR	Wilson Echevarria	485	365	485	1335
	45-49	Andrew Olmstead	425	330	495	1250
	40-44	Greg Agcaoili	-	380	-	-
275	40-44	Patrick Ardizzone	-	420	-	-



Sunday's lifting crew at the 2015 Gary Gordon Memorial Open

2015 MEN'S SENIOR CHAMPIONSHIPS

**Saturday & Sunday, July 18-19, 2015
Sanctioned by R.A.W. United**



**Hosted by the Port St. Lucie Civic Center
Port St. Lucie, Florida**

DOWNLOAD YOUR ENTRY AT:

www.StrongLife610.net

Entry Deadline: Saturday, June 27, 2015

Meet Director: Spero Tshontikidis

More Information: 321-505-1194 or

rawunitedinc@gmail.com

2015 WOMEN'S SENIOR CHAMPIONSHIPS

**Saturday & Sunday, July 18-19, 2015
Sanctioned by R.A.W. United**



**Hosted by the Port St. Lucie Civic Center
Port St. Lucie, Florida**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.net**

**Entry Deadline: Saturday, June 27, 2015
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or
rawunitedinc@gmail.com**

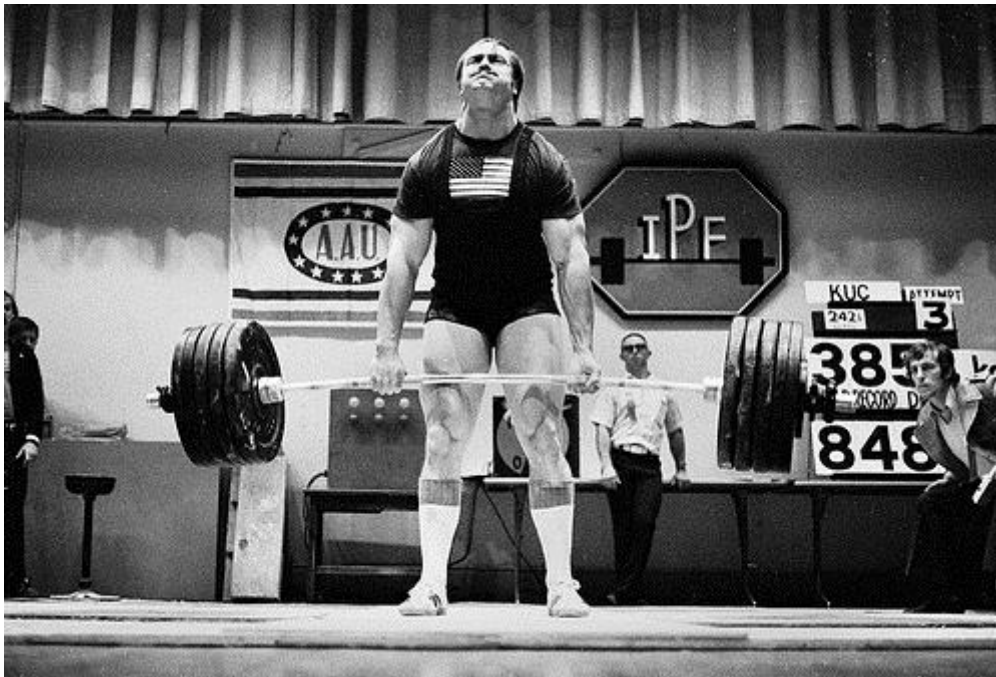
GAYNOR'S CORNER: THE HISTORY OF POWERLIFTING, PART 8

Written by R.A.W. United Treasurer & Chief Referee Bob Gaynor

Bob Gaynor's column was on a brief hiatus as we updated our Rulebook for the 2015 powerlifting season. With that task accomplished and our new Rulebook posted on our website (www.StrongLife610.net), we are returning to Bob's column where we left off in the fall of 1971:

In the fall of 1971, Muscular Development gave itself the title of "The Official Powerlifting Journal." Bill Starr, who had left New York, started his own publication titled "Weightlifting Journal." The real breakthrough, however, was Dan Dewell's "Powerlifting News." Dan had numerous

eager correspondents from all over the country sending him weekly updates. It was a great source of information and my first subscription at \$3.00 per year! With the two new publications and the existing ones, the coverage of powerlifting improved significantly.



John Kuc pulling HUGE weight back in the day!

I spent the winters of 1971 and 1972 training with Jim Williams and John Kuc at the old YMCA in downtown Scranton. Each session amazed me as one of the two exceeded at least one of the American Records. At one Saturday session, Jim and John both exceeded the squat record. Jim benched 675, which was 15 pounds over his record, and John exceeded the American deadlift record. It was truly amazing! John was

getting bigger each week, and he added weight to his squat every week. Both were unique individuals in their own way. John was attending college in Wilkes-Barre. The school had limited on-site parking, but had a huge lot about ½ mile from the school. On squat days, if John could not get a parking space near the school, he would not go to class because he thought the ½ mile walk would affect his squats.

With the YMCA being in downtown Scranton, it was also difficult to park. There was a “no parking” area outside the YMCA, but Jim told me to park there. I don’t know how many tickets I got, but I gave each one to Jim and never heard anything about them!

There was and still is a great deal of controversy in powerlifting over how good a lifter is or might have been. In the case of Jim and John, they used nothing except legal wraps and their lifts were very clean. Both went well below parallel in the squat.

The 1972 Juniors were scheduled to be held in Wisconsin, the Seniors in Denver, and the Worlds again in York, Pennsylvania. York was pushing to change the sequence of the lifts, having the squat instead of the bench as the first lift. They said this would increase the totals with the longer rest between the squat and the deadlift. The real reason, or at least a big part of it, was Great Britain was making this a big issue. Myself, and many of those that trained with us, would rather deadlift right after squatting because the warm-ups required less time and effort.



Paul Anderson – deep enough ???

The question of who was the World’s Strongest Man and the battle of lifts and words between the superheavyweights dominated much of the 1972 season. Articles in MD fueled the strongest man challenge. In speaking with John Grimek and John Terpak, who both saw Paul Anderson on a regular basis, they indicated

that he did not have much interest, but would accept the challenge in this manner: he would travel to York and do all three powerlifts and all three Olympic lifts in a one hour time frame. Anyone could do the same where and when they wanted to, provided it was done within one hour and with National judges. There were no takers!



Vince Anello

Record breaking lifts in 1972 also included a 601 deadlift by Jack Kammerer at the Salem County Open, a 780 deadlift by Vince Anello at the Ohio States, a 1555 total by George Crawford at the Key to the Sea Championships, and a 1575 total at 165 by Doc Rhodes at the North Louisiana Championships. Big Don Reinhoudt

squatted 835 and Marty Joyce pulled 698 at 181 at the New England States. Steve Crandell of Phoenix benched 437 at 165, Pat Neve benched 468 at 181, and Al Hart did 359 at 132. Hart set a bench record every time he lifted. Larry Pacifico pushed 530 and hit a 1900 total!



Hideaki Inaba

At the Japan Powerlifting Championships, a 123 pounder named Hideaki Inaba competed – has anyone competed at the World level more than Inaba?

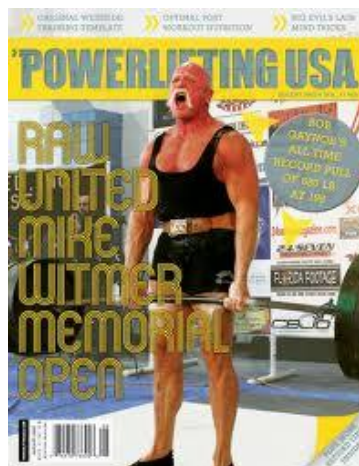
Charles Goschwind was the new powerlifting chairman, and Bob Crist, Joe Zarella, Dick

Young, Bill Stevens, Al Treaster, Terry Swift, and Ralph Sesso were promoting meets. Some meet directors, especially in the South and in California, were using the 222 or 225 pound weight class.



Don Reinhoudt

In the April issue of STRONG LIFE, we will look at the big meets of 1972: the Collegiates, the Juniors, the Seniors, and the Worlds.



Bob Gaynor serves as Treasurer and Chief Referee for R.A.W. UNITED, and is the All-Time Masters Record Holder in the Deadlift 680 pounds @ 198 See the lift by clicking the link below!

http://www.youtube.com/watch?v=tK6_DD8vAoE

THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot* at rawunitedinc@gmail.com, and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to Dan Green for sending us the February 2015 photo for *The Strong Shot*!



DAN GREEN

**GETTING JACKED AT THE 8TH
ANNUAL RAW UNITY MEET!**

BEHIND THE SCENES: POWERLIFTING'S UNSUNG HEROES

**"But the path of the just is like the shining sun,
That shines ever brighter unto the perfect day."**

Proverbs 4:18

"Behind the Scenes" is a new column that will feature the folks that make things happen in the world's strongest sport. Unfortunately, the lifters and supporters of powerlifting that serve as Meet Directors, judges, scorers, spotter/loaders,

webmasters, writers, and financial backers never receive the credit that they deserve. In the end, the sport would not exist without them, and we want to ensure that they know how grateful we are for their vital contribution to the R.A.W. United family!



Spero Tshontikidis, Dave Forman, Bob Gaynor, and Jack Stevens at RUM 8

For the first installment of "Behind the Scenes," we thought it would be appropriate

to share a fun story that occurred over a two-week period leading up to RUM 8.



Larry and Jennifer Fitch

My wife Caryn and I go out every few weeks with our friends, Larry and Jennifer Fitch. Larry is a Navy veteran, and we met the couple a few years ago at Ashes Cigar Tavern. We share a love for good food, fine cigars, and fellowship, and often go out to dinner and visit afterwards over cigars.

One evening we were enjoying an Arturo Fuente Don Carlos (a 94 rated beauty for you

cigar lovers) and I had a perfect burn. About half way through the cigar, Jennifer started razzin' me about flicking my ash. I told her that it was burning perfectly and wanted to see how far I could take it. About three quarters of the way down, Jennifer said they would donate \$500.00 to the gym if I could smoke it to the band without losing the ash. A few minutes later, we made it!



The \$1000 Cigar!

I had no intention of “holding” Larry and Jennifer to the \$500.00. We were having an enjoyable evening, and it was fun taking the ash down to the band. The next day, however, Larry posted the event on Facebook and the \$500.00 check arrived two

days later. In addition, a former student and powerlifter from The Bullis School in Potomac, Maryland named Bob Golightly (Bob and his family live in Texas) saw the post and matched Larry and Jennifer’s \$500.00 donation to the gym!



Bob Golightly, daughter Lydia, and his wife, Bridget

As many of you are aware, I coach middle and high school lifters and we have our own gym called STRONG LIFE Training Facility. As a result of Larry and Jennifer and Bob

and Bridget’s selfless contribution, we added 400 square feet to our training area and constructed a new platform area for the contests we host at the gym.



The newly constructed platform area at STRONG LIFE Training Facility in Melbourne, Florida

After assembling the new platform, I was STOKED to add the West Carey Combo Rack from RAW Unity. When I was bringing the rack home before heading out to RUM 8, I pulled the “Idiot Move of the Century” and not only trashed the garage door at my condo but also torqued the bottom piece of the rack.

I called my mechanic and a friend of his, and neither was able to fix the rack. The next day, Brian Kissel – a local lifter and Strongman – stopped by the gym. Brian is a mechanical engineer; after taking a quick look at the rack, he said he'd be back the following day to fix it. Brian, his sledgehammer, and three of our kids had the rack perfectly level in 15 minutes!



Brian Kissel

Needless to say, without Larry and Jennifer, Bob and Bridget, and Brian, our gym would not be what it is today. And no one would know about their service to our sport without “Behind the Scenes.” Many thanks to Larry, Jennifer, Bob, Bridget, and Brian!

In the April issue of STRONG LIFE Magazine, we will introduce everyone to R.A.W. United’s webmaster, Hannah Brusca, and our digital art specialist, Mitch Braun.





R.A.W. UNITED FEDERATION UPDATE

**“The way of the Lord is strength for the upright.”
Proverbs 10:24**

2015 POWERLIFTING SEASON UNDERWAY!

With three meets under our belt and a strong roster registered for the 2015 Masters and Teenage Championships, the 2015 season is moving forward toward the 2015 Men's & Women's Senior Championships at the Port St. Lucie Civic Center over the July 18-19 weekend! Lifters must now qualify for all Championship events, so be sure to register a total before the Seniors if you haven't been on the platform since last July!



February cover man Tony Conyers is competing at the Masters Championships and his team from Strong Life Tampa Bay will be at the Seniors in July!

STATE MEETS COMING UP IN PENNSYLVANIA, MASSACHUSETTS, MARYLAND, & TEXAS!

Many thanks to State Chapter Leaders Dave Lhota (PA), Paul DeSimone (MA), Desirae Williams (MD), and Jon Drummond (TX) for hosting State Championship events in their respective states. And more thanks to Mid-Atlantic Regional Chairman Kevin Prosser for supporting our lifters throughout the northeast! Information on these contests can be accessed on the CONTEST SCHEDULE link at our website: www.StrongLife610.net.

RAW UNITY COMPONENT ADDED TO WWW.STRONGLIFE610.NET!

Hannah has redesigned our website to include links for R.A.W. UNITED POWERLIFTING FEDERATION, STRONG LIFE TRAINING FACILITY, and the RAW UNITY MEET. Entries for RUM 9, scheduled for January 29-31 at the Port St. Lucie Civic Center, can now be accessed on our website. Hannah and I will have RUM Rules and RUM Records uploaded shortly. Once in place, we will shut down the original RUM website.



RAW UNITY lifters like Ashley Cooper can now access RUM 9 updates at the Strong Life website: www.StrongLife610.net

SENIORS COULD BE HUGE!

R.A.W. United's inaugural Men's & Women's Senior Championships, scheduled for July 18-19 at the Port St. Lucie Civic Center, could be the biggest event in the Federation's history. Five teams have already expressed their intent to compete at the Seniors, and we look forward to a highly competitive meet at one of the state's premier venues!

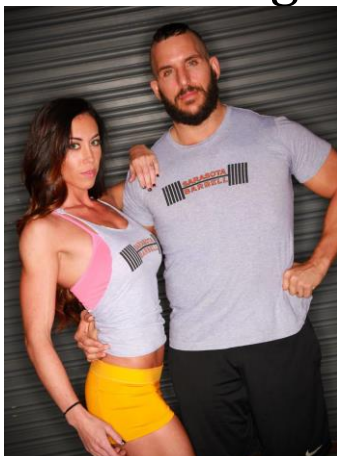


West Shore Seniors Jeremy Hoffower, Cheney Hess, Faryn Antenucci, and Sean Casey will lead the Strong Life Training Facility team at the 2015 Teenage Championships in April and participate in their final contest, the 2015 Men's & Women's Senior Championships, before heading off to college!

SARASOTA BARBELL



Sarasota's Strongest Gym
5426 Ashton Ct, Unit 7
Sarasota, FL 34233
(941)993-1227
SarasotaBarbell@gmail.com



CONTEST SCHEDULE: CONFIRMED MEETS FOR 2015 SEASON

**"If anyone competes as an athlete, he does not receive the victor's crown
unless he competes according to the rules."**

2 Timothy 2:5

APRIL 2015

April 4
Virginia State Championships
Crossfit Verify * Sterling, VA
Entry deadline: Saturday, March 07
Meet Director: Kevin Prosser
Contact Info: jkprosser@yahoo.com * 240-329-8187

April 18
Massachusetts State Championships
Gym Warriors * Peabody, MA
Entry Deadline: Saturday, March 28
Meet Director: Paul DeSimone
Contact Info: pauldesimone01@aol.com * 978-766-6280

April 18-19
Masters Championships
STRONG LIFE Training Facility * Melbourne, FL
Entry deadline: Saturday, March 28
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

April 18-19
Youth & Teenage Championships
STRONG LIFE Training Facility * Melbourne, FL
Entry deadline: Saturday, March 28
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

April 25
Keystone Classic
Crossfit Hanover * Hanover, PA
Entry deadline: Saturday, April 04
Meet Director: Kevin Prosser & Desirae Williams
Contact info: jkprosser@yahoo.com * 240-329-8187
Dmlwill.dw@gmail.com * 910-985-1299

MAY 2015

May 23
Northeast Men's & Women's Championships
Thunderbird Gym * Monessen, PA
Entry deadline: Saturday, May 2
Meet Director: Dave Lhota
Contact info: 814-521-9182

JUNE 2015

June 6
Maryland State Championships
Titan Crossfit * Cockeysville, MD
Entry deadline: Saturday, May 16
Meet Director: Desirae Williams
Contact info: rawunitedmidatlantic@gmail.com * 910-985-1299

June 20
MAJ Robert Marchant Military Open
Hagerstown Sports Club & Fitness * Hagerstown, MD
Entry deadline: Saturday, May 30
Meet Director: Michael Shuman & Kevin Prosser
Contact info: michaelshuman1@gmail.com * 717-377-8506
jkprosser@yahoo.com * 240-329-8187

June 20
Determined Warrior Classic & Texas State Championships
Olympic Gym * San Antonio, TX
Entry deadline: Saturday, May 30
Meet Director: Jon Drummond
Contact info:

JULY 2015

July 18-19
Men's Senior Championships
Port St. Lucie Civic Center * Port St. Lucie, FL
Entry deadline: Saturday, June 27
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

July 18-19
Women's Senior Championships
Port St. Lucie Civic Center * Port St. Lucie, FL
Entry deadline: Saturday, June 27
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

SEPTEMBER 2015

September 26-27
Mid-Atlantic Men's & Women's Championships
Crossfit Verify * Sterling, VA
Entry deadline: Saturday, March 07
Meet Director: Kevin Prosser
Contact info: jkprosser@yahoo.com * 240-329-8187

OCTOBER 2015

October 17-18
ALL-TIME Record Breakers Meet
STRONG LIFE Training Facility * Melbourne, FL
Entry deadline: Saturday, September 26
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

NOVEMBER 2015

November 7
Tony Conyers Extravaganza
STRONG LIFE Tampa Bay * Tampa, FL
Entry deadline: Saturday, October 15
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

DECEMBER 2015

December 12
Last Chance 2015
STRONG LIFE Training Facility * Melbourne, FL
Entry deadline: Saturday, November 21
Meet Director: Spero Tshontikidis
Contact info: rawunitedinc@gmail.com * 321-505-1194

JANUARY 2016

January 29-31
RAW UNITY MEET 9
Port St. Lucie Civic Center * Port St. Lucie, FL
Entry deadline: Saturday, December 19
Meet Directors: Bob Gaynor, Barry Gershman, Spero Tshontikidis
Contact info: Spero at rawunitedinc@gmail.com * 321-505-1194

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FOR THEIR SUPPORT OF

STRONG LIFE!

PAUL'S PROSE, PRAYER, & PRAISE: THE POWER OF TEAM

By Chaplain Paul Simmons

“So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”

Luke 11:9

When working to schedule the 2015 Texas State Championships, State Chapter Leader Jon Drummond and Olympic Gym owner JD Wennermark contacted all their R.A.W. United members to determine a date for the States. Texas lifter Travis Solari responded to Jon and JD's inquiry as follows:

“My thoughts are that the USPA and USAPL will add and subtract meets as they see fit. We can't keep adjusting our date because of their meet schedules. I talked to a couple of USAPL competitors at the last R.A.W. United meet who said they cannot compete because their federation does not want them to compete in a different federation's meet. I

know that R.A.W. United doesn't typically pull in lifters that are dedicated to a federation anyway, but more for the athlete that wants to have a good time lifting and have a friendly competition. The prices are cheaper than any other federation, and the meet is held in one of the best gyms in the world, Olympic Gym. I vote to have the meet whenever we want regardless of other federation dates.

I personally compete with R.A.W. United because of its ties to God's Word and that it is affordable for us folks on the low end of the pay scale - just my 2 cents.”



Strong Life Tampa Bay lifter Sandy Friedman at the 2015 Mike Witmer Memorial Florida States!

I couldn't have said it any better, and greatly appreciate Travis' comments and support of the sport's largest Christian federation!

Spero and I have had this same discussion numerous times since his return home from Afghanistan. As lifters, we want the federation to grow; but more importantly, as evangelists, we want the federation to be impactful. Travis' email is a testament of our efforts.

Psalm 19:1 states that:



Few things in life are more spectacular than watching the sun rise over the ocean

Psalm 19 compares the rising of the sun to an athlete (champion) that rejoices, or finds joy, in running its course. As lifters, we find great joy in burying a PR squat or hitting a new total whether there are hundreds of spectators in attendance or we're in the gym with a training partner.

When the sun rises, it has great joy because it is doing what it was designed to do. Similarly, we experience great joy when we

"The heavens declare the glory of God; the skies proclaim the work of His hands."

Further, verses four through six describe the sun and its role in God's Creation:

"In the heavens God has pitched a tent for the sun.

It is like a bridegroom coming out of his chamber, like a champion rejoicing to run its course.

It rises at one end of the heavens and makes its circuit to the other; nothing is deprived of its warmth."

train and compete because of the opportunity God has given us to train. No matter who else witnesses the sun in the heavens, or each of us in the gym (or on the competitive platform), we are in our element, doing what we were designed to do.

And what is it that both the sun and each of us as competitive lifters were designed to do? It's simple:

TO PROCLAIM THE GLORY OF GOD !!!



PRAYER REQUESTS FROM THE R.A.W. UNITED FAMILY:



Please continue to pray for R.A.W. United lifter Kris Clark. Kris is battling esophageal cancer and we appreciate your thoughts and prayers!



Please pray for Gavin Leiba; Gavin is battling leukemia and we greatly appreciate your thoughts and prayers.

Please pray for Adrienne Conde; Adrienne is battling terminal cancer on a daily basis.

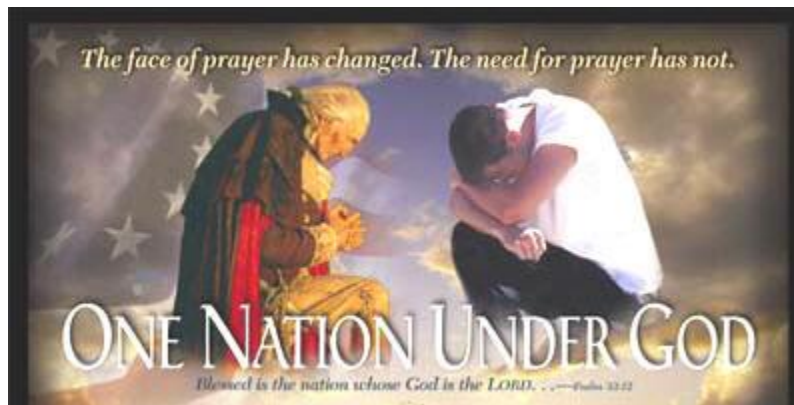
Please pray for Angel Conde, Adrienne's dad; Angel was recently diagnosed with pancreatic cancer.

Please pray for Texas State Chapter Leader Jon Drummond; Jon is returning to the platform after serious heart issues.

Please pray for Harriet Collins; Harriet is in hospice care with multiple brain tumors, and her family greatly appreciates your thoughts and prayers!

Please pray for STRONG LIFE lifter Glenn Nichols; Glenn is recovering from surgery, and we look forward to his return to the gym!

Please pray for the brave men and women serving on the front lines defending the freedoms we cherish as Americans.



Please send your Prayer Requests to STRONG LIFE at rawunitedinc@gmail.com

BEING A CHRISTIAN **ATHLETE** DOESN'T MEAN PRAYING FOR YOUR TEAM TO **WIN**. GOD DOESN'T GIVE AN EDGE TO THOSE WHO **PRAY** OVER THOSE WHO DON'T. HARD WORK DOES THAT. BEING A **CHRISTIAN** ATHLETE MEANS **COMPETING FOR CHRIST**, IN A WAY IN WHICH YOU ALWAYS GIVE YOUR ALL FOR **HIM**. WIN OR LOSE, YOU THANK HIM FOR THE **ABILITY AND OPPORTUNITY** TO PLAY. IT MEANS GIVING ALL THE **GLORY** TO GOD, NO MATTER THE OUTCOME.



PUT ON THE FULL ARMOR OF GOD!

“Finally, my brothers, be strong in the Lord and the power of His might. Put on the whole armor of God that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.”

Ephesians 6:10-13

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